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517-519-521 West Douglas

Phone 1068

## Eagle Table and Kitchen

Suggestions What to Eat And How to Prepare Food.

These articles on the necessary abstinence of food are carefully prepared and based on the latest information derived from actual experience.

First Volume—Conducted by Lida Ames Willis, Marquette Building, Chicago, to whom all inquiries should be addressed. All rights reserved by Banning Co., Chicago.

### YE JOYFUL CHRISTMAS DAY.

Blow, bugles of battle, the marches of peace, East, west, north and south let the long trumpet cease. Sing the song of great joy that the angels began. Sing of glory to God and of good will to man.

Most of the long-established important American holidays are significant only to those who can look back to a long line of American ancestors who lived through the events which gave occasion for these special celebrations. But Christmas is humanity's broad day. The day when every class of people in every land should enjoy a good time, should feel that the spirit of "peace, good will toward men" extends to even the least of them. Let the spirit of joy and good will open the hands of those who are blessed with plenty and wealth to help and bless the poor on every side, and let there be none left to grope alone on this day when the very atmosphere seems breathing joyfulness and love.

So many Christmas gifts bring life to the memories of happier days. But much more let not the heart of the poorest grow cold or the heart of the richest closed. For if home life be broken, there yet remains for kinship and humanity, and to some of these, at least, the very obligations of hospitality at this season, if at no other time.

Remember that Christmas is a day of giving to others and of that giving the donee through a spirit of brotherly love, an unselfish desire to make others happy, we will find that in the pleasure of doing we will see the face of happiness, and pleasures that come unlooked for are the truest.

While Christmas is one of family reunions, its significance gives it a broader meaning than an occasion for mere gratification in eating, drinking and enjoying the companionship of those most dear and dear to us. The day is most opportune for putting into practical working the familiar admonition—"Love thy neighbor as thyself." Not thy rich neighbor, but the one to whose every eye and every ear are seeming Christmas all the year round. If because your means are limited you feel that it is not incumbent upon you to make a feast, and bid him to it, better send him the turkey and "fix" as a sacrificial offering on your part and let him enjoy on this one day of the year not only the luxury of a real Christmas dinner in his own home, but the knowledge that in one heart dwells not only the spirit of peace, good will to all men, but brotherly love, one for another, that can so far affect all thought of self as to forego the gratification of this part of the day's pleasure, that a less prosperous brother may have this yearly feast of joy.

With our Christmas remembrance to the poor, let us see to it that the true spirit of the day endures then round about like a loving benediction and no suggestion of "charity," that hated word among the honest, rolling poor, shall creep in to mar the sweet holiday of love. Remember that the "poor" really dwells in a beggar's heart, indeed, supplied food for a hungry body, but has robbed both himself and the beggar of what was their due—the joy of showing forth the spirit of Jesus and the beggar that feeling of fellowship with God and man that places him in the "good times" that the spirit of the day should impart.

**The Christmas Dinner.**  
Christmas dinner seems to be one of the fixed considerations of life, but in many homes it has ceased to be such a matter of grave importance as formerly. Although it is still given with other disregard to all dietary rules in most households, and it is a brave reformer, indeed, who will suggest any very radical change in the menu of a good, old-fashioned Christmas dinner.

When we look over the list of dishes which were considered necessary for the Yule-tide feast of merry old England of long ago, we marvel how they did it. Think of serving up "Salmon, venison and wild boar. By hundreds, dozens and by scores. Hogheads of honey, killdeerkins on mushtard."

Plum puddings, nankeens, apple pies and custards, etc.

And the labor the preparations involved. It is well to bear in mind that the definition of true hospitality which we invite friend or stranger within our gates to enjoy the most democratic of all our public celebrations. "I may say, O most excellent wife! number not yourself and me to not a curiously rich dinner for this man or woman who have just alighted at your gate, one a bed-chamber made ready at the great feast, those things, if they are delectable of them, they can get for a few shillings at the village inn; but rather let the stranger see, if he will, in your looks, accents and behavior, your heart and earnestness, your thought and will that which he cannot buy at any price in any city and which he may travel miles and days wearily and sleep hardly to behold, let not the emphasis of hospitality lie in bed and board, but let it speak of love and honor and courtesy, flow in all your veins."

**Table Decorations.**  
These as well as the above suggestions, must be of such nature as will impart the sense of warmth and cheer. Endeavor to fill the atmosphere with the Christmas breath of the pine trees and such spicy odors as suggest the good times of life. Contentment in every way goes to the root of the matter. "This year we are dressed with a simplicity of holiness for our public celebration. When Christmas is given, it is difficult to obtain any more very fair substitutes with the given crepe paper, which can be made into very good representations of the natural greens, and knots and bows to narrow scarlet ribbon will give the dashes of color in line of the holly berries. Red, apples and evergreen, and Christmas fruit, polished until bright and glossy, and dark evergreen ferns, are easily obtained and make a very appropriate and beautiful Christmas table decoration. Red shibboleths for the candles, bows of red and green ribbon, red and green bow ties, all add to the coloring of the room, and give an individual fancy will suggest their arrangement in accordance with surroundings.

**The Christmas Dinners.**  
In Merry old England, famous as a Christmas-keeping country, the bear-bait had been replaced by roast beef, and recently, and now the American turkey is winning its way to the high place on the banquet board. In New England the roast goose has relegated to the past, a former piece de resistance, roast pig-

Wild turkey and mince pie have always been considered preeminently American, although the latter is quite as symbolical as the world-honored plum pudding. Both these creations are supposed to be emblematic of the rich offerings made by the three kings to the infant Jesus in the stable at Bethlehem. The original mince pie was made in the shape of a cradle, to represent the manger. The small pies which followed later were made like tiny coffins, a form too suggestive of the impending fate awaiting the over-fed Christmas guest to increase the feeling of jollity.

**For Christmas Breakfasts and Suppers.**  
While these should be light and plain, they may also partake of the nature of the day, but they must in no way interfere either with the preparation or the enjoyment of the dinner. One reason, aside from the undue indulgence in overmuch rich foods, why we are apt to have very distinct and not too pleasant remembrance of "the day after Christmas," arises from the dissipation of sleep and the nervousness of the Christmas morning. The Christmas breakfast is usually movable as to the exact hour of serving, and may be offered up at any hour between 12 noon and 2 p. m., although high noon is considered the proper time.

The later hour deprives one of an appetite for another meal at a reasonable hour before midnight. But lunch is strong, and it seems a fitting closing to the "good time" to end with a little supper, although no one may really want it and of a certainty should not need it after the usual indulgence in Christmas baked meats and goodies.

**Scalloped Salad.**  
Prepare the scallops for salad by simmering about five minutes; drain, and when cool cut into small pieces, and mix with a French or a mayonnaise dressing. When ready to serve drain again and mix with it an equal quantity of celery; cover this with either mayonnaise or French dressing; place in a salad dish which has been lined with crisp, green lettuce leaves, form into mold shape and cover thickly with mayonnaise dressing. For decoration on the outside of the mold, use chopped egg whites, olives and beet root, which will be symbolical of Christmas. Curled celery and little red radishes cut to represent flowers may be placed around the border of the dish. A great deal of individual taste may be displayed in combining the materials used in this dish.

**Jellied Oranges.**  
Make an orange jelly according to the directions given on the packages of gelatin. When the jelly is made pour a little into a wet, chilled mold; when sufficiently hardened, arrange upon it sections of the orange; then dip other sections of the jelly into the liquid jelly and place them against the sides of the mold; when this is set add more and sections of orange in alternate layers; when the mold is filled in this manner and the jelly hardened sufficiently, turn out and decorate with a border of whipped cream roses, or a wreath of holly, and serve.

**Yule-Tide Cake.**  
Use any recipe for white fruit cake which is not too rich. Cover it with a boiled white frosting; arrange little red Christmas candles in the form of a star in the center of the cake. Use tiny red boughs and sliced green citron to form a border representing as near as possible a wreath of holly placed around the edge of the cake. Place a green face paper doll under the cake.

### INQUIRIES ANSWERED.

Miss T. La R. H.—Your inquiry with enclosed stamp will be answered by mail and name and address filed.

**Boston Brown Bread.**  
Miss M. G. writes—Will you kindly publish a recipe for Boston Brown Bread? Take two and one-half cups of cornmeal, two cups of rye meal, one cup of white flour, one cup of molasses, one pint of milk, three teaspoons of baking powder and one teaspoonful of salt. Scald the corn meal with two cups of milk and water. Mix all well together, pour into a mold and steam three hours; then place in a moderate oven for twenty minutes. Sour milk and baking soda may be used instead of sweet milk and baking powder. Allow three-fourths of a teaspoonful of soda to a pint of the milk.

**Pasca.**  
B. T. J. writes—Kindly publish a recipe for Pasca, a Russian cheese dish? Take a quarter of a pound of any mild cream cheese, add to it half a cupful each of sugar, sliced raisins and cream. Place this mixture in a wooden bowl and let it stand twenty-four hours, to slightly ferment. Serve it in banneton cups with cake.

**SHE GOT HIS LOVE LETTERS.**  
Young Minister in New York Greatly Embarrassed by a Woman.  
Batavia, N. Y., Dec. 18.—When the Rev. George N. Howard, the wealthy young pastor of the Bank Street Free Baptist Church of Batavia, paid his homelike for the return of letters he says he took from his room and \$3.00 damages, he probably did not imagine that he was giving to the world the particulars of his affectionate correspondence with half a dozen young women, but that has been the effect of his suit.

The letters are alleged to have been saved from the waste basket and posted together by Mrs. Lillian Clement. The pastor is a married man. His wife, who is independently rich, lives much of her time at Batavia, Mass., and her name is not Stella. Thus or May—which are the names signed to the letters that have shaken the Bank street church to its foundation.

Mr. Howard links the name of the Rev. C. A. Johnson to that of Mrs. Lillian Clement in the suit, but Mr. Johnson says merely that he does not hold the letters, and had them for a brief time only when he showed them to the officers of the church.

As far the writers of the letters have not been identified.  
"May," who addresses the pastor as "My own sweetheart," is apparently a test girl, as she does not date her letters, she says in it.

"I do want you sweetheart. It didn't seem I can wait until Wednesday for you please lots to tell you. I love you, George."

The Rev. G. N. Howard says the letters are garbled and are worthless, uncorroborated, and gives right on preaching to the greatest crowd that the Bank street church has ever had.

The deacons of the church have taken the matter up and Batavia looks to hear a great deal more about the letters.

In view of the pastor's declaration that an unauthenticated construction was placed upon the letters, the whole town is suffering to ask him what construction he places on this letter from "Stella." Rochester.

Don't think that you are to blame for anything, because I was always very loving and even anxious. You made me very happy, and I regret nothing that gave you the slightest pleasure. You believe me, don't you, dear? Hoping that

THE BIG STORE—WITH LITTLE PRICES

## ROCKERS FOR CHRISTMAS

Hundreds of Wichita people will be made happy Christmas by receiving one of our handsome Rockers as a present from relative or friend. We've sold several hundred of them and expect to sell a few hundred more within the next three days. Have the largest and finest selected stock in the city; all styles, kinds and prices, for old and young.



### Look Over This List

You'll find something appropriate and acceptable.

Leather Couch  
Leather Rocker  
Velour Couch  
Davenport

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Bed Room Suit, Dresser, Dining Table  
Dining Chairs, "Buck's" Steel Range  
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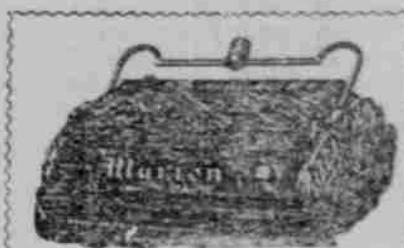
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We have a store full of useful and desirable articles for Christmas gifts and invite your inspection. Presents will be delivered when wanted.



"Whitney" Go-Carts.

Are the best on earth, so recognized the world over. We are Wichita agents for this celebrated make and have just received our new line of 1903 styles; all the new designs and patterns and at all prices from \$1.50 up.



Carpet Sweepers—"The National." Is the best. We have them in all sizes, from baby sweepers to the large sizes; all prices, from \$10 up to \$100. Would make a nice present.



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We have the finest showing in the city. Every style and new design—a style to suit every taste and price to fit any size purse, from the simple, substantial and plain beds on up to little steps in the most elaborate finished and rich designs.

**C. S. DANIELS' FURNITURE AND CARPET HOUSE**

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407-409-411 E. Douglas Ave.

you will try to forgive me for having loved and tried you so very much. I remain, always, your most affectionate, Stella.

Stella writes in another letter from Rochester:

I love you dearly. I am just as jealous of the other girls, but the thought of being dreadfully wicked, and the worst thought that I may have lost your respect have worried me almost beyond endurance. So I must try to be good.

Even more curious are the people about the two letters from "Tom," of Adirondack, N. Y. In the first of these she writes that she will meet him at the depot on Thursday, and adds:

"Please make arrangements to be with me until Saturday eve."

The second letter from Tina is dated at Pueblo, and reads according to Mrs. Clement's version:

My Dear George—I came to this city Saturday noon. My friend Ella is better, able to sit up while having her bed

made. My friends are doing everything for me to have a good time while here. But, dear, I cannot get over longing to be with you. I did miss you so much Friday afternoon. It did seem I could not contain myself. I am, as ever, with a sweet kiss, your lovingly.

Another letter, undated and destitute of address, discusses certain plans for a trip to Batavia, and concludes, "but I thought you had better get there first and find a quiet place like the S."

The following letter is said by the pastor to be from a woman prominent in society, though the manner of the identification of the writer is not discussed.

My Precious Boy—I am wondering what you have been doing all day. I have something for you which I will send, or possibly it will be better to take it to you Saturday. I will go to R.—on the

My Dear George—I came to this city Saturday noon. My friend Ella is better, able to sit up while having her bed

two, and plan where we could see each other, and we could go to the place where we were yesterday or go back to R.—You plan and tell me what time. I can leave here at 6:30.

If you thought it would be safe, you might get one of the parsons right here at the postage. You can take it over and see what you think. If you, on time consideration, think it best for me to stay at home, don't be afraid to tell me so, because we have two good times ahead of us to spend them for a few hours.

Mrs. Clement has offered to return all the letters if the attorney will sign a public acknowledgment, a proclamation the pastor has treated with happily.

Pending the trial of the suit and the verdict of the court, public curiosity has been kept with these questions: What will Mrs. Howard say about the letters of all these women?

## A Most Delicious Dessert

The following simple "course-before-coffee" is much in vogue with club men everywhere. The simplicity of preparation and the little cost together with the delicious taste of the composite makes this dessert in rare favor in the home. Use

the Preserves you have in the house and

**SHREDDED WHEAT BISCUIT**

"Simply Delicious."

For Short Cakes—With sharp knife split the SHREDDED WHEAT BISCUIT lengthwise; prepare preserves as for usual use of mixed fruit, and set aside. When serving, arrange biscuits in layers crossed with fruit and add sugar and whipped cream. SHREDDED WHEAT BISCUIT is sold by all grocers. Send for "The Vital Question," (Cook Book, illustrated in colors.) FREE. Address THE NATURAL FOOD CO., Niagara Falls, N. Y.

There is no toast that compares in crisp delicacy to that made with Shredded Wheat Biscuit. Unlike white bread toast or cereal foods made of part of the wheat, it actually nourishes the whole body. Parents who are earnest about building their children into strong, healthy men and women will supply this true food.

How to split the Biscuit.

Split and slightly toast the Biscuit and then serve with imported jam or preserves or plums or peaches. Simple, isn't it? Your verdict will be